

PARTNER ABUSE: SAFETY BEHAVIORS INTERVENTION

SESSION 1: INTRODUCTION AND OVERVIEW OF ABUSE DURING PREGNANCY

TOPIC	Materials (Handouts)	Advisor Talking Points
INTRODUCTION - Abuse During Pregnancy	<ul style="list-style-type: none"> Guide 1 -Abuse and Pregnancy 	<ul style="list-style-type: none"> I am concerned because during the screening you indicated that you and your partner are having some conflicts and fights. No one deserves to be hurt by her partner. Partner abuse is a health issue and it happens to a lot of women. Abuse is so common for women, so we ask all women if they are experiencing any type of abuse by their partner. Conflict is a normal part of relationships and couples have a variety of ways of solving these conflicts. This is a concern when one partner hurts the other partner. Sometimes partners do things that hurt women and their unborn babies. Over the next several sessions we are going to talk about options you have to keep yourself and your baby safe. <p>(Refer to Guide 1 – Abuse and Pregnancy Outcomes)</p> <ul style="list-style-type: none"> Abuse can happen during pregnancy Abuse may start for the first time during pregnancy 1 in 5 women are abused (hit, kicked) or hurt during pregnancy Most women don't know that abuse during pregnancy happens to other women
INTRODUCTION - Abuse and Concerns During Pregnancy	<ul style="list-style-type: none"> Guide 2 – Concerns During Pregnancy 	<p>(Refer to Guide 2 - Concerns During Pregnancy – Why Abuse Happens During Pregnancy)</p> <ul style="list-style-type: none"> There are certain things that happen when a women finds out that she is pregnant that may be related to why abuse happens or increases during pregnancy <ul style="list-style-type: none"> Why Abuse Happens During Pregnancy <ul style="list-style-type: none"> Maybe the pregnancy was not planned Your partner may feel jealous of the baby Your baby may feel anger towards you <u>and</u> the baby

	Guide 3 – What Can Happen To You	<ul style="list-style-type: none"> • What Can Happen to Your Baby <ul style="list-style-type: none"> • Your baby may be born too early • Your baby may not weigh enough at birth • What Can Happen to You <ul style="list-style-type: none"> • You may feel sad and blue (depressed) • You may feel anxious and upset (nervous) • You may feel alone and lonely (isolated) • You may feel low or worthless (low self-confidence/esteem) • You may start to smoke more or use alcohol or other substances to make you feel better
ABUSE EDUCATION Cycle of Abuse	<ul style="list-style-type: none"> • Guide 4 – Cycle of Abuse • Pamphlet – Cycle of Abuse (page 1) • Guide 5 = Tension • Guide 6 = Explosion • Guide 7 = Honeymoon 	<ul style="list-style-type: none"> • Sometimes women describe the conflict and how they get hurt as a pattern or a Cycle of Abuse (Refer to Slide/Guide 4 – give women the pamphlet – page 1) • There are 3 parts to the Cycle of Abuse • Tension (Guide 5) – Increased tension – such as anger, blaming, arguing, threats • Explosion (Guide 6)– Battering – hitting, slapping, kicking, choking, pushing, use of objects or weapons, forced sex or sexual abuse, verbal threats and abuse • Honeymoon (Guide 7) – Calm Stage – He may deny the violence, say he was drunk, say he's sorry and promise it will never happen again, he may bring gifts and be very nice to you and the kids – he may be very romantic • Does any of this happen in your relationship? Tell me how it works in your relationship. Sometimes it is hard to figure how the relationship works. • Remember you are not responsible for the abuse – you do not cause the abuse – the abuse will happen no matter what you do or do not do.
Cycle of Abuse	<ul style="list-style-type: none"> • Guides 8 – 10 Increased Danger • Pamphlet – Increased Danger (page 2) 	<ul style="list-style-type: none"> • Sometimes when a partner abuses a woman, he does it more often or he hurts her more often or more severely. • You may also feel more danger or that his actions may be more dangerous to you (Refer to Guides 8-10) • Women who experience abuse need to know that any of the following means their situation is becoming more dangerous. <ul style="list-style-type: none"> • Abuse happens more often • Abuse gets rougher • Abuser uses a weapon on her or threatens her with a weapon

		<ul style="list-style-type: none"> • Abuser tries to choke her • Abuser threatens to kill her • There is a gun in the house (or car) • Abuser forces sex • Abuser uses drugs such as crack or speed • Abuser threatens to kill himself • Abuser is drunk almost everyday • Abuser hits when she is pregnant • Abuser is <u>extremely</u> jealous, suspicious or possessive • Abuser fights with other people • Abuser hurts or kills a pet • Abuser has been reported for child abuse • Abuser controls most or all of her activities
SAFETY ASSESSMENT	<ul style="list-style-type: none"> • Guide 11 – Safety Status Assessment 	<p>(Assess her current abuse status – Use Guide 11 – Safety Assessment Questions)</p> <ul style="list-style-type: none"> • Is the abuser – your current partner? Or a former partner? <ul style="list-style-type: none"> • Assess Her Safety (Guide11) <ul style="list-style-type: none"> • Is the abuser here now? __ Yes __ No • Are you afraid of your partner? __ Yes __ No • Are you afraid to go home? __ Yes __ No • Has the physical violence increased in severity? __ Yes __ No • Has the abuser ever been reported for child abuse? __ Yes __ No • Have children witnessed violence in the home? __ Yes __ No • Has he threatened to kill you? __ Yes __ No • Has he threatened to kill himself? __ Yes __ No • Is there a gun in the home? __ Yes __ No • Does he use drugs or alcohol? __ Yes __ No <p>There is no Score that equals Danger - in general the more “Yes” answers, the higher the potential Danger; note if she is afraid to return home or is afraid of her partner; if he has a gun and if he is using alcohol or drugs – <u>Express your concern</u>: I am very concerned about your immediate safety. There are things we can do right now - you can call a family member or friend, I can call the shelter or I can call the social worker - what do you think would be best?</p>
OPTIONS	<ul style="list-style-type: none"> • Guide 12 – 	<ul style="list-style-type: none"> • You have options or choices- that will help you to stay safe and to keep your baby safe

	<ul style="list-style-type: none"> Options Pamphlet – Options – (page 3) 	<p>(Refer to Guide 12 - Pamphlet – Page 3)</p> <ul style="list-style-type: none"> You options are to: <ul style="list-style-type: none"> Stay with the abuser <ul style="list-style-type: none"> If you stay – Make a Safety Plan (Avoid fighting in the kitchen or bathroom; remove weapons); Call the police if he abuses again; Attend a battered women’s support group; Get the abuser to go to batterer’s intervention; Get him to go to substance abuse treatment; Get counseling for the children; Get counseling for yourself Remove the abuser (ARREST) <ul style="list-style-type: none"> Best way to stop the abuse; Temporarily removes the abuser; Police can arrest and file charges- woman can file charges and police arrest; Filing a report is not the same as filing charges – Ask the police what they are filing; Court can order him to batterer intervention program Protective Orders <ul style="list-style-type: none"> Prohibits abuser from coming within a specified distance of work and home and from communicating with woman; If abuser violates order, he can be arrested; After abuser is removed –change all door locks; Have a Safety Plan Leave the Abuser <ul style="list-style-type: none"> Battered Women’s Shelter Family or Friends
SAFETY PLAN	<ul style="list-style-type: none"> Guide 13 – Safety Plan Pamphlet – Safety Plan (page 4) Pamphlet – Resources (page 5) 	<ul style="list-style-type: none"> I am glad you were able to talk about the abuse in your relationship Now we can discuss things you can do to keep you and your baby safe. (Refer to Guide 13 – Safety Plan- page 3 of Pamphlet) TRY TO DO THE FOLLOWING: <ul style="list-style-type: none"> Hide money Hide extra set of house or car keys Establish code with family and friends Ask neighbors to call police if violence begins Remove weapons Have available <ul style="list-style-type: none"> Social security numbers (his, yours, children) Rent and utility receipts

<p>PERSONAL RELATIONSHIP STRATEGIES</p>	<p>Guide 14- Personal Relationship Strategies</p>	<ul style="list-style-type: none"> • Birth certificates (yours and children) • Bank account numbers • Insurance policies and numbers • Marriage license or divorce decree • Valuables (jewelry) • Important telephone numbers • Hide bag with extra clothes • Talk to children <ul style="list-style-type: none"> • What are your Personal Safety Strategies: <ul style="list-style-type: none"> • List what steps you will take on the safety plan between now and the next time we meet. • Use the Calendar to make notes about conflicts and fights that happen between now and when we have our next session. • Use Page 5 of the Pamphlet • Let's also List other Resources (Telephone Numbers) <ul style="list-style-type: none"> • Emergency • Shelter • Counseling • Legal • Pregnancy Advisor • Other • Is it safe for you to take this pamphlet home or should I keep it here? • I also have a card with some helpful numbers – it does not indicate that they are abuse numbers – would you like to take this home instead?
<p>CONCLUSION</p>		<p>I want you to remember that no pregnant woman or her unborn baby deserves to be hurt. You have started to think about options and a plan for your safety and the safety of your unborn baby, and your children, who may be witnesses. Each time we meet we will talk about what is happening in your relationship with your partner and how things are going with your partner and your safety plan.</p> <p>Whatever you decide related to your partner I will support your decision. Each week we will talk more about abuse, how it works, types of abuse, staying, power and control, how your supporters are (family and friends), and equality between you and your partner.</p>

